



Mint-Tomato Sauce for Lamb

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



52 kcal

SAUCE

Ingredients

- 6 servings pepper black freshly ground to taste
- 2 teaspoons dijon mustard
- 0.3 cup mint leaves fresh chopped
- 0.7 cup olive oil extra-virgin
- 2 plum tomatoes chopped
- 1 teaspoon salt
- 0.5 teaspoon sugar white to taste
- 0.3 cup citrus champagne vinegar

Equipment

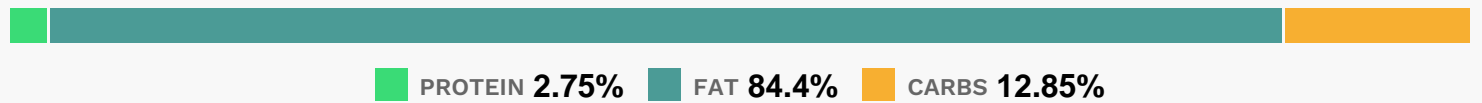
bowl

whisk

Directions

Whisk together the olive oil, vinegar, salt, pepper, Dijon mustard, and sugar in a large bowl. Stir in the mint and tomatoes.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:1.7839130331641%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 52.35kcal (2.62%), Fat: 4.93g (7.58%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.14g (0.42%), Sugar: 0.9g (1%), Cholesterol: 0mg (0%), Sodium: 408.64mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin A: 280.08IU (5.6%), Vitamin E: 0.81mg (5.4%), Vitamin K: 4.71µg (4.49%), Vitamin C: 3.68mg (4.46%), Manganese: 0.08mg (3.91%), Fiber: 0.55g (2.18%), Potassium: 71.05mg (2.03%), Iron: 0.29mg (1.63%), Folate: 6.08µg (1.52%), Magnesium: 5.65mg (1.41%), Copper: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.06%), Calcium: 10.52mg (1.05%)